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119
9-13-44
Housekeepers' Chat

Monday, Dec. 5, '44

(NOT FOR PUBLICATION)

Subject: "The Complete Cake-Maker." Including general directions for making Butter Cakes, a recipe for a Foundation Cake, two recipes, for Lemon Filling and Fruit Filling (not in Radio Cookbook), and a menu. Information from Bureau of Home Economics, U. S. Dept. of Agriculture.

Note. Please mention the Radio Cookbooks as often as you think it advisable. We have just ordered a reprint of the book, so that all requests will continue to be taken care of promptly.

--"Aunt Sammy."

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Since the subject of cakes is such a comprehensive one, I shall limit today's talk to Butter Cakes. Butter cake is the name often given to the group of cakes containing butter, or other fat, to distinguish them from the sponge cakes, which contain no shortening.

I'll give you a recipe for a good Foundation Cake, and then tell you how to mix it, by modern methods. There are eight ingredients, in this Foundation Cake:

1 cup milk.	4 teaspoons baking powder.
3 cups sifted soft-wheat flour.	1½ cups sugar.
½ cup fat.	¼ teaspoon salt, and
2 to 3 eggs.	½ teaspoon flavoring.

Let's check the ingredients, please: (Repeat)

(Read slowly)

Place the fat in a warm place, until it becomes soft, though not melted, so that it will combine easily with the sugar. This is just as satisfactory, and much quicker, than the laborious method of creaming together cold fat, and sugar. After the fat and sugar have been thoroughly combined, stir in the beaten egg yolks. The dry ingredients-- that is, the flour, baking powder, and salt -- should be mixed and sifted together. Now add, alternately, the dry ingredients, and the liquid ingredients-- which in this case is milk. Add only a small quantity of liquid at first. If you add too much, it will dissolve the sugar. Then the fat will separate into large masses, and will have to be combined again, with the other ingredients. Add the flavoring, and lastly, fold in the well-beaten egg whites. Pour the batter into lightly greased, floured pans. Take care that the batter is spread evenly. If this cake is baked in a thick loaf, the oven temperature should be very moderate-- about 325 degrees Fahrenheit. If it is baked as cup cakes, or thin layers, the oven should be about 375 degrees Fahrenheit.

I have had a number of requests this fall, for fillings for layer cakes. One listener wants a Lemon Filling. Another wants a Fruit Filling. So, in order to be strictly impartial, I shall broadcast two delicious recipes, one for Lemon Filling, and the other for Fruit Filling. These recipes are not in the Radio Cookbook, so they can go into your Radio Notebook.

Everybody ready? Let's write the Lemon Filling first. Seven ingredients, for Lemon Filling:

1 cup sugar	2 eggs
2½ tablespoons flour	1 tablespoon butter, and
¼ cup lemon juice	1/8 teaspoon salt.
Grated rind of 1 lemon	

Count them again, please. Seven ingredients, for Lemon Filling: (Repeat)

(Read slowly)

Mix the sugar, salt, and flour, thoroughly. Add the lemon juice and rind, and cook in a double boiler, for 5 minutes. Beat the eggs, and pour the sugar mixture slowly into them, stirring constantly. Return to the double boiler, cook until thickened, and add the butter. When cold, use as the filling for layer cake.

Now, turn over a page, please, and take this Fruit Filling. First, you'll have to make a Boiled Icing, to hold the fruit. Shall I tell you how to make a Boiled Icing? I'm sure you know, but then I have my recipe right here. I might as well read it. Five ingredients, for Boiled Icing:

1 cup granulated sugar	Pinch of salt, and
4 tablespoons cold water	½ teaspoon vanilla
1 egg white	

Do you have five ingredients? I'll repeat them. (Repeat)

(Read slowly)

Put the sugar, water, and unbeaten egg-white into the upper part of a double boiler. Have the water in the lower part boiling. Commence beating the mixture with a Dover beater at once. Beat constantly while it cooks, for about 7 or 8 minutes. It should then appear just like ordinary boiled icing, and should be almost thick enough for spreading. Take it from the stove, and continue to beat about 5 minutes, or until it has thickened.

To make a Fruit Filling, all you need to do is add 1 cup of fruit to this Boiled Icing. You might add any desired combination of the following: Chopped raisins, dates, figs, candied cherries, candied grapefruit or orange peel, candied pineapple, and chopped blanched almonds, or pecan nut meats. You will need 2 teaspoons of lemon juice, also.

Spread this mixture between the layers of the cake, and ice the top with plain Boiled Icing.

Now if you don't mind, I'll answer two questions on the subject of cakes.

First question: "Please tell me how to rearrange the ingredients in a cake which calls for a large number of eggs, when eggs are expensive."

Answer: Recipes calling for a large number of eggs may sometimes be made more cheaply by using fewer eggs, though the cake will not be quite so good. If you decrease the number of eggs, add more milk or water, and more baking powder. In general, for each egg left out, add about two tablespoons of liquid, and one-half teaspoon of baking powder.

Of course you know that whites or yolks of eggs may be used instead of whole eggs, in making fancy white or yellow cakes, or as an economy in using up parts of eggs left over. For most purposes two whites or two yolks equal one whole egg. When yolks alone are used, a little extra baking powder is sometimes added, since air cannot be combined so readily as in the case of the egg whites.

Second question: "Is there any time-saving method of measuring fat?"

There is. If your recipe calls for less than one-fourth cup of hard fat, it is best to use a tablespoon. One-fourth cup equals 4 tablespoons. If the recipe calls for one-fourth cup or more, of hard fat, measure it in water. For example, if you are making a cake which calls for two-thirds cup of butter, put one-third cup of water into the cup first, and then add butter, until the water comes up to the brim. Easy, isn't it?"

I didn't know, when I began this talk, whether there would be time to broadcast a dinner menu. However, I think there is time, and now I haven't a menu! What shall we do? What does anyone do, when she has to plan a menu on the spur of the moment? Soup! That's it -- "beautiful soup, so rich and green, waiting in a hot tureen!"

Let's have Potato Soup -- Cream of Potato Soup. No, let's make it Cream of Potato Soup au Gratin. The "au Gratin" means sprinkle a little grated cheese on top of the soup, after it is served into the plates.

What besides soup? Toasted Crackers, or Bread. And a Vegetable Salad. Everything but the dessert. Will somebody please suggest a dessert for tonight? I simply cannot think of a thing to serve! Ah -- there's a suggestion. Cake! The very thing -- and if you make it by the recipe I have just broadcast, I won't have to broadcast another. Put some chocolate icing on the cake. You'll find the recipe for Chocolate Icing in the Radio Cookbook -- the handsome green cookbook which I have mentioned before. The book will be sent free to you, if you listen-in regularly to Station _____.

Let's repeat this menu: Cream of Potato Soup au Gratin; Vegetable Salad; Toasted Crackers, or Bread; and Chocolate Cake.

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